



## Daily Plan ~ Day 7

Saturday, June 25, 2005

Day Coordinator: Clara Ruvolo, Palmyra Cove Nature Park

**Paddling in the Tidal Delaware Estuary:** Environmental Discovery Center to Tidal Cove to the Riverton Yacht Club and return. Approximately 7 miles, round-trip, much with the tide. Explore the vegetation, marine and bird life within this relatively undisturbed freshwater marsh and tour one of the oldest and most picturesque yacht clubs in America.

---

- 8:00 A.M.      **Breakfast** at Palmyra Cove.
- 8:30 A.M.      **Registration** in the Environmental Discovery Center.
- 9:30 A.M.      **Safety Talk**
- 9:45 A.M.      **Launch** from beach in front of the Environmental Discovery Center. Paddle with the outgoing tide to the Cove entrance. Paddle a short distance against the tide and into the cove.
- 10:45 A.M.      Once in the **Palmyra Cove**, explore, the vegetation, marine and bird life in this tranquil, protected freshwater marsh. The Cove is a tidal wetland and is the most natural area of the 350-acre Palmyra Cove Nature Park. The falling tide should provide an opportunity to sight snapping turtles or muskrat along the mudflats. Egrets, herons and numerous water fowl will be seen. Bald eagles, osprey, and red-tailed hawks are other likely visitors.
- 11:45 A.M.      Depart the Cove. Paddle up river against the out going tide. **Lining Demonstration** -Learn about lining, a method that early boatmen used to tow watercraft up rivers. You may try your hand at lining your boat along the beach.
- 12:30 P.M.      Enjoy a **picnic lunch** outdoors at the Environmental Center.
- 1:00 P.M.      Paddle one mile on the slack low tide to the Riverton Yacht Club. We will pass an old, river front neighborhood in Riverton, originally established as a summer community for wealthy Philadelphians. The Delaware River waterfront is still desirable and you will also see a relatively new residential development on the Palmyra waterfront, too.
- 1:30 P.M.      Arrive at the **Riverton Yacht Club**. Tie up and tour club, one of the oldest in the country.
- 2:30 PM      Depart Riverton Yacht Club. The 1 mile return trip from Riverton will be against the incoming tide. Since it is a Saturday there will be recreational boating on the river and we will hug the shoreline.
- 3:15 PM      Arrive at Environmental Center once again. Enjoy the fun of a **Seining Demonstration** at the water's edge.
- 3:30 P.M.      Enjoy the traditional **Ice Cream Social** and slide show to mark the end of Sojourn 2005.
- 

*Many thanks to today's Sojourn Partners:*

Livery, places providing lunch breakfast and ice cream, the Riverton Yacht Club, the people doing the seining and guiding in the cove...etc.

### Emergency Contact

Palmyra Cove Nature Park 856-829-1900 X 264